

# **YAJNYA FOR BEGINNERS**

Acharya Bramdeo

Cell: 770-666-3425; Email: [acharyabramdeo@gmail.com](mailto:acharyabramdeo@gmail.com)

## **ALTERNATIVE**

Offerings into a deeya (lamp) with a vertical wick (mixing the ghee & samagri like syrup)

Start by lighting the lamp with a few drops of ghee

Chant Gayatri mantra, offer a few drops of the mixture at a time after Svāhā at the end of the Gayatri mantra

## **YAJNYA: A POTENT SANITIZER**

Yajnya is also known as Homa, Havan, Agnihotra

### **How can some samidhas (fire wood) and samagri help to cleanse the environment?**

The havan kund, inverse fire-vessel pyramid shape, is conducive to the build-up of a very high temperature at the base and even higher at the middle part where the fire is blazing. The three processes are combustion, evaporation and sublimation. Part of the oblations is burnt to produce energy (combustion), some evaporates and the major part sublimates (from solid to gaseous state.)

The fire diffuses the samidha, ghee and the samagri into nature as microparticles. Maharishi Dayanand Saraswati has prescribed, in the Sanskar Vidhi various types of wood sticks as samidhas and the various ingredients (mainly medicinal herbs) to be used in the preparation of samagri for the various seasons, based on the edicts of the Veda.

The vapors arising out of the havankund sanitizes the air and cleanses it of rogkrimiyan (bacteria and viruses.) Yajna Therapy or Havan Chikitsa is prescribed in Ayurvedic Medicine (Charaka & Sushruta Samhitas). Others call it Aroma Therapy, Moxa, etc.

**Add the following to Samagri**

**or**

**Prepare a mix from sweet spices from the kitchen (use what is available)**

1 tea spoon each (grind to powder)

- Rice; Yellow moong dāl; White urad dāl
- Cardamom (green-small & black-big elaiti); Fennel (saunf); Nutmeg (Jaiphal); Clove (laung); Cinnamon; Star aniseed
- Almond; Walnut; Cashew nut

1 small spoon

- Turmeric powder; Ajwain; Yellow mustard

25g Gur (jaggery) or 2 tea spoonful raw sugar

10-15 Dried raisins; 3-4 Chopped dates

Yellow & Red Chandan powder

Dried leaves: Tulsi, Betel (pān), Giloye, Citronella (lemongrass), Eucalyptus, Neem

## Yajnya / Havan

### Process

#### Materials

- Ghee (clarified dairy butter)
- Samagri (mixture of medicinal herbs)
- Samidha (woodsticks)
- Camphor

2 glasses for water; 2 bowls (ghee & Samagri)

1 spoon for offering ghee

1 lamp, wick, matchsticks

#### 1.0 Breathing exercises

Rapid exhale followed by 3-5 times slow deep inhale & exhale, *keep focus on the breath*

OM (Aum) chanting *during breathe out*

Feel the silencing of the mind & inner peace

#### 1.1 Eeshvar Stuti-Prārthanā-Upāsana

keep pace slow & focus on the sound waves/vibrations

#### 2.0 Achamana *sipping of water*

Take some water in the right palm and sip with Svāhā at the end of each mantra

Wash hands after sipping of water

#### 3.0 Anga Sparsha *touching of limbs*

Take some water in the left palm, use the middle and ring finger of the right hand

Dip the fingers in the water & touch the various organs of the body (mouth, nose, eyes, ears, shoulders, knees and last sprinkle on the whole body) at the mantras.

#### 4.0 Lighting of the fire

Place 4 samidha (*wood sticks*) in the hashtag pattern #

Light the lamp (to be placed on the NE corner)

Light one piece of camphor in the center of the Havan Kund (fire vessel)

Pour some ghee over the

**5.0 Offerings of 3 Samidha** (woodsticks dipped in ghee)

**6.0 Offerings of Ghee** (5 times to get the fire blazing)

Offer ghee after Svāhā at the end of the mantra

**7.0 Sprinkle water around the havan kund** (fire pot) *at the end of the mantra*

1<sup>st</sup> SE to NE

2<sup>nd</sup> SW to NW

3<sup>rd</sup> NW to NE

4<sup>th</sup> starting NE & on the four sides of the firepot moving clockwise

**8.0 Offerings of Ghee** *at the end of the mantra*

1<sup>st</sup> NW to NE as a stream

2<sup>nd</sup> SW to SE as a stream

3<sup>rd</sup> & 4<sup>th</sup> in the center

**9.0 Offerings of Ghee & Samagri** *at the end of the mantra*

**10.0 Svishtakrita Ahuti** *offerings of Ghee & steamed rice or prasad*

**11.0 One offering of Ghee**

**12.0 Offering of Ghee & Samagri**

Chant gayatri mantra (3 times) offer ghee & samagri with Svāhā

**13.0 Yajna-Prārthanā**

**14.0 Āshirvād** *Blessings*

**15.0 Shānti pātha**

Slow chanting, feel the soothing sound waves and vibrations from the pronunciation  
Connect to the universe: I have to first be peaceful to all around me, then & only  
then all would shower peace unto me